



HERITAGE



Safety Officer Paul Corcoran retired May 15th, 2014. He has worked with many and done a great job protecting children during the many bike helmet and baby car seat check-points since beginning his job as a Lowell Police officer on January 30th, 1983. Thanks for the dedication of these years, your presence will be missed!



Director Michelle Ramalho receiving a Certificate of Appreciation for the Lowell Council on Aging & Senior Center's generous contribution to the Helpful Hand Bag Project which provides valued assistance to the local Veteran Community. It was presented on June 4th, 2014 by the Director of the Helping Hand Veteran Fund, Roland Cartier. We thank all of you who assisted with this drive.

Inside

- 2 Contacts
- 3 Trips
- 6 Doctor's, Nurse's & More!
- 8 Veteran's Corner
- 10 Calendar Events
- 12 Lunch Menu
- 14 Crossword puzzle

The following volunteers received recognition from Lowell Police Department Deputy Supt. Deborah Friedl and Superintendent William Taylor on May



15th, 2014 for working with Paul on Kids' Bingo Day: Ann Regan, Claire



Brodeur and Lenny Gendron. Also Roland Thibeault who was not present.



CITY MANAGER

Kevin J. Murphy

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**City Council****Mayor**

Rodney M. Elliott

**Vice Mayor**

John J. Leahy

\*\*\*\*\*

Corey A. Belanger

Edward J. Kennedy Jr..

William F. Martin Jr.

Rita M. Mercier

James L. Milinazzo

Daniel P. Rourke

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**Eric Lamarche  
978-674-1595

ELamarche@lowellma.gov

**Head Clerk**Carmen Felix  
978-674-1596

CFelix@lowellma.gov

**Head Clerk**Nancy McGuire  
978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov**Receptionist:** Tara Donnelly  
978-674-1171 ~ tdonnelly@lowellma.gov**Events / Trips Coordinator:** Kathy Carroll  
978-674-1169 ~ kcarroll@lowellma.gov  
Monday-Friday 6 am to 2 pm**Volunteer:** Sandra Breen  
978-674-1176 ~ sbreen@lowellma.gov  
Monday-Wednesday 6 am to 1 pm**Outreach Coordinator:** Amy (Medina) Leal  
978-674-1167 ~ aleal@lowellma.gov  
Monday-Thursday 9 am to 4 pm**Volunteer Coordinator:** Audrey McMahon  
978-674-1166 ~ amcmahon@lowellma.gov  
Tuesday-Thursday 10 am to 2 pm**Minority Outreach Coordinator:** Linda Hin  
978-674-1173 ~ Lhin@lowellma.gov  
Monday-Friday 9 am to 12 pm  
NEW OFFICE—1st door on right after fish aquarium**Outreach Volunteer:** John R. Lawlor  
978-674-1174 ~ Jlawlor@lowellma.gov  
Monday-Friday 10 am to 4:00 pm  
NEW OFFICE—5th door down the office hallway**S H I N E (Serving Health Insurance Needs for Elders)**Joan Gong 978-674-1172  
Monday appointments ONLY 10 am to 1 pm**Legal Services Assistance & Referrals**For an appointment call  
Tara at 978-674-1172 or 978-458-1465**Pollard Library** 978-674-8634  
**COA Library Annex** 978-970-4186~~~~~  
"Heritage" Composition — Amy Leal  
Production Editor — John R. Lawlor  
Editor — Michelle Ramalho**Lowell Senior Center Hours of Operation:**Monday—Friday: Open 6:00 am to 4:00 pm  
Lunch served at 11:30 am  
Saturday—Sunday: Open 7:00 am until 12 noon  
Breakfast and Lunch ONLY**COUNCIL ON AGING****BOARD OF DIRECTORS**

Joan Bedford

Eleanor Belanger

Joyce Dastou

Andrew Hostetler

John R. Lawlor

Sidney Liang

Vincenzo Milinazzo

Suellen O'Neill

William Sheehan, Chair

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Next meeting:**September 8th at 9:00am****FRIENDS of the
Lowell Council on Aging, INC.****BOARD OF DIRECTORS****PRESIDENT**

Dr. Joseph M. Downes Jr.

VICE PRESIDENT

Rita M. Mercier

TREASURER

Jacqueline Denison

SECRETARY

Claire Brodeur

DIRECTORS

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

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Office hours vary

Call 978-674-1175.

Meetings held on last Friday  
of the month at 9:30 a. m.

Public welcome

**BINGO Committee**Chairman — Lenny Gendron  
Vice Chairman — Roland Thibeault  
Treasurer — Claire Brodeur

# LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101! \$25 deposit. \*\*\*\* Overnight &/or Motor-coach

All Trips must be paid in full one month prior to travel date. LCOA policy: no refunds (unless insurance is purchased).

The "Civic Events" office is now open from 6:00 a. m. to 2:00 p. m. — Trip flyers available outside of 2nd floor office.

**July 24, Thursday ... The Very Best of the Golden Oldies @ Danversport Yacht Club** Departs LCOA at 9:15 am. Cost \$64.

**July 28, Monday ... Foxwoods CANCELLED**

**July 29, Tuesday ... Spirit of Boston** Cost \$60. *ALMOST SOLD OUT*

**August 12, Tuesday ... Foster's Clambake in York, ME & American Songbook featuring Lydia Harrell.** Enjoy a traditional Maine Lobster bake. We transform this venue with our lighting, and sound to bring you our amazing show called "The Great American Songbook". Departs from LCOA. Cost \$67.

**August 14, Thursday ... Surf & Turf @ the Newport, R I Playhouse** *SOLD OUT*

**August 20, Wednesday ... Ogunquit Playhouse: "Mary Poppins,"** lunch on your own at the Weathervane in Kittery, ME. Departs George Ayotte Garage. Cost \$90.

**August 27, Wednesday ... Casablanca by the Sea - Featuring Portland, Maine,** narrated harbor cruise & luncheon. We will arrive @ the Dunstan School House Buffet with "Over a 100 Items". After lunch, we will arrive at the Bay View Lady for a 90 minute cruise. Depart from the George Ayotte Garage at 9:15 am. Cost \$59.

**\*\*\*\*September 7-9, Sunday-Tuesday ... Taj Mahal Casino.** Includes 2 nights at the casino, \$30 casino slot cash, luxury Fox coach. Free parking at the George Ayotte Garage. Departs at 7 am. Cost \$209 dbl. \$298 sgl. \$205 trp.

**September 9, Tuesday ... "American Bandstand Revue" @ Venus De Milo in Swansea, MA** *SOLD OUT*

**September 18, Thursday ... New England goes Country @ Danvers, MA Yacht Club** Join us for an amazing day of Country music with 2 of New England's Hottest young stars to perform on our Best of Times stage. This is an opportunity to see two budding stars on their way up the country music charts and into the country mainstream. Complete meal of baked scrod or breast of chicken. Listen to some of our country favorite songs as well as some new songs sure to win over our country ears! Cost \$63.

**September 19, Friday ... Cape Cod Canal Cruise & Annual Bourne Scallop Festival** *SOLD OUT*

**\*\*\*\*October 8-10, Wednesday ... Friday ... QVC Shoppers Special ... Mushrooms, Wine & Gardens Day.** See Flyer for more info. Cost: \$449 dbl, \$439 tpl, \$549 sgl.

**\*\*\*\*October 7-8, Tuesday-Wednesday ... Cranberry Bogs & Cranberry Wine.** Trip includes: 1 night lodging at the Hyannis Harbor Hotel, 3 Meals, Tour & Wine Tasting at Truro Vineyards, Cranberry Bog tour, 2 hour Cape Cod Canal Cruise, Tour along Historic Rt 3 6a, luggage handling, roundtrip transportation & more! See flyer for more info. Depart George Ayotte Garage. Cost: \$279 dbl, \$269 tpl, \$329 sgl.

**October 10, Friday ... Scenic Railroad & Hart's Turkey Farm,** complete Turkey dinner on dinner train. Departs at 8:00 am from LCOA. Cost \$55.

**October 22, Wednesday ... Cabaret Lulu at Old Sturbridge Village** Presents "Say It With Music" from the great shows of Broadway to down home blues & the sound of jazz, rock & roll, America sings & swings! Lunch & Show at the theater. Seasonal soup & turkey dinner or grilled salmon with potato & seasonal veggies; baked Indian pudding. Cost \$50.

**November 6, Thursday ... Andrews Sisters Tribute: "Letters from Home" at White's of Westport.** This show takes you down memory land with hits like "Don't Sit Under the Apple Tree", "Every Time We Say Goodbye", "Pistol Pack'n Mama", & Boogie Woogie BugleBoy; this high energy shows that will be honoring the men and women of our military. Doors open @ 11:30am Lunch @ noon Choice of Boneless Stuffed Breast of Chicken or Baked Scrod, Potato, Vegetable Coffee & Dessert. Depart from LCOA. Departs for home at 3:30 pm. Cost \$65.

**\*\*\*\*November 7-9th, Friday-Sunday ... New York City Cruise to Nowhere,** September 11<sup>th</sup> Memorial, & The Radio City Rockettes Christmas Show. See Flyer for More Info! Cost \$399 per person.

**November 12, Thursday ... The Letterman at Mohegan Sun.** Music & more! \$30 casino gaming package, \$20 free slot play or free bet & \$10 meal voucher. Includes transportation, driver's tip, show and ticket. Cost \$81.

**PLEASE SEE AUGUST NEWS FOR MORE INFORMATION ON A FALL MOTORCOACH TRIP TO TWIN RIVERS.**



**December 2, Tuesday ... A 50's & 60's Holiday variety Show Featuring Don Who & A Tribute to Brenda Lee** with Cil Bee at White's of Westport. Celebrate the holidays with this variety show that will make you laugh & cry and want to see it over and over again. Depart at 9:15 am, doors open at 11:30 am, meal choice of chicken or scrod, show begins at 1:45 pm, depart for home at 3 pm. Cost \$45.

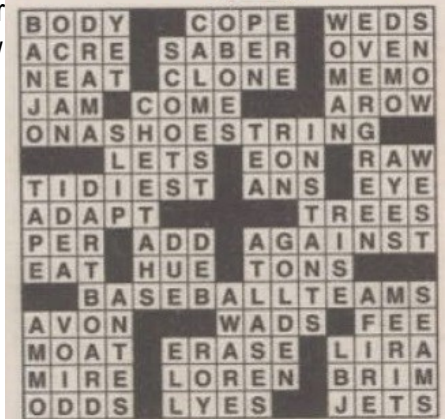
**December 4, Thursday ... Newport, RI Playhouse: "Lies, Cheat, & Genuflect."** Two young men – gamblers who never win - have a rich uncle who is leaving all his money to a niece who is a nun - whom he has never seen! The uncle dies, and one of the nephews arrives as the niece, dressed as a nun! – begins! Full Buffet, Cabaret & Transportation. Cost \$55.

**December 4, Thursday ... The Sicilian Tenors: A Very Merry Christmas** at Demetri's Foxborough MA. More information to follow! Cost \$65

**\*\*\*\*December 9-11, Tuesday-Thursday ... A 3-day Christmas at The White Mountain Hotel & Resort.** Package includes: deluxe accommodations, order of the menu served in Ledges dining room, entertainment shows in our Echo Ballroom, sleigh ride at Nestlenook Farm, taxes, gratuities, use of all hotel amenities including year round heated pool & Jacuzzi, health facilities, & game room. Check in at 3 pm, check out at 11 am. Cost \$4405 dbl, \$505 sgl, \$385 trp.

**December 31, Wednesday ... New Year's Eve Day Trip** at Danversport Yacht club featuring "Boston's First lady of Cabaret," Carol O'Shaughnessy has earned the city's "Cabaret Entertainer of the Year." plus dancing to the Tom LaMark Orchestra. Dance your way into the New Year! Or if you prefer simply to watch, listen & enjoy the excellent music. Meal: Stuffed Breast of Chicken or Baked Scrod. Depart Ayotte Garage. Cost \$85.

## Puzzle page 14



## Unwanted Medication Disposal



Bring your sharps too! (needles and lancets) in a puncture proof sealed container.

**Wednesday  
July 16, 2014  
3:00P to 7:00P**

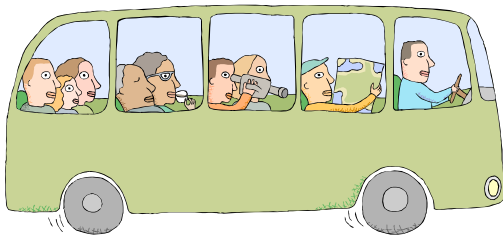
Remove all information from bottles.

**Lowell Health Department  
341 Pine Street  
Lowell, MA 01851**



**What's in Your Medicine Cabinet?**

Residential Disposal Only—No Commercial Disposal  
Questions? Call 978-674-4304



## Roger's \$5.00 Trips

*Ages 60 to 101!*

Bus leaves @ 9:15 am from the Senior Center.

The bus is Handicapped Accessible.

SCHEDULE IS SUBJECT TO CHANGE.

### July tickets on sale June 31st

1st ... Tuesday ... Hungry Traveler & shopping  
11th ... Friday ... Quincy Market, Boston, MA  
14th ... Monday ... Hampton Beach, NH  
17th ... Thursday ... York Beach, ME  
21st ... Monday ... Salisbury Beach, MA  
28th ... Monday ... Hampton, Beach, NH  
31st ... Thursday ... Newburyport, MA

### August tickets on sale August 1st

4th ... Monday ... Pickering Wharf, Salem MA  
7th ... Thursday ... York Beach  
11th ... Monday ... Hampton beach, NH  
15th ... Friday ... Quincy Market  
18th ... Monday ... Ogunquit Beach  
21st ... Thursday ... Hungry Traveler & shopping  
25th ... Monday ... Hampton Beach  
28th ... Thursday ... Markey's & Walmart

Limit (4) four tickets per person ... per trip! No employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

If you arrive prior to 8 am on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 am and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.

## **Preventing Diseases Spread by Ticks**

Outdoor activities are a great way to get exercise in the warm weather months. Whether you enjoy hiking in some of the beautiful natural areas in and around Lowell, gardening, or playing an energetic game of Frisbee, these activities are healthy and replenishing for mind, body and soul. We need to keep in mind, though, that we share these green spaces with ticks, as well as other animals, so this week we're bringing you some information to help you prevent tick-borne diseases.

In Massachusetts, both deer ticks and dog ticks can spread several diseases, including Lyme disease, to humans. The best way to prevent these diseases is to avoid ticks bites, and promptly and carefully remove any ticks if you do get bitten.

The single most important thing you can do is to check yourself (and your children) for ticks once a day. The longer an infected tick remains attached, the greater the chances to infect the host. By removing the tick, you may be able to avoid infection.



Go to [www.mass.gov/dph/tick](http://www.mass.gov/dph/tick) for more information and tips on ticks and tick-borne disease. Be sure to check out Personal Protection Against Ticks to learn how to check yourself for ticks, the correct way to remove a tick, and more.

## **Medicare and Mental Health Benefits**

Medicare increased its payment for most outpatient mental health services to the same level as other Medicare Part B services, 80% of the Medicare approved amount. You or your supplemental insurance must pay the remaining 20% coinsurance.

Medicare Advantage plans have to cover the same services as Original Medicare. However, your plan will likely require you to see an in-network mental health care provider. If you have a Medicare Advantage plan, contact your plan to find out about your copayments. Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services as usual.

You can get mental health services in an outpatient hospital program, a doctor's or therapist's office or a clinic. Medicare will help pay for outpatient mental health services you receive from general practitioners, nurse practitioners, physicians' assistants, psychiatrists, clinical psychologists, clinical social workers, or clinical nurse specialists, as long as they are Medicare providers. Psychiatrists are more likely than any other type of provider to not accept Medicare.

Medicare covers yearly screenings to detect depression. Medicare prescription drug plans (Part D) must cover almost all antidepressant, antipsychotic, and anti-convulsant prescription drugs used to treat mental health conditions.

## **Say No to Mosquitos**

Did you know that the standing water in a tire laying in your yard can be a breeding ground for thousands of mosquitos in a single season? Mosquitos are not only annoying; they can be a source of diseases such as West Nile Virus and Eastern Equine Encephalitis.



Mosquitos lay their eggs in water that accumulates in old tires, toys, planters, buckets, swimming pool covers and the like. You can help prevent mosquitos in Lowell by removing any standing water from around your house or business.

Lowell is a member of the Central Massachusetts Mosquito Control Project since July 2013. You can call CMMCP office directly at 508-393-3055, Mondays-Fridays from 7:00 am to 3:30 pm to register a complaint.

## **Are you Eligible for A Tax Exemption?**

Statutory Exemption applications are available starting July 1st in the Assessors office. All Exemptions must be filed on an annual basis. Applications are available from July 1 through 90 days after the mailing of the actual Tax Bill.

Please note: All exemptions require that the applicant must own and occupy the property for which the exemption from taxes is sought.

The following is a breakdown of the Statutory Exemptions offered by the City of Lowell.

\*Must be at least 70 years old on or before July 1st

\*A surviving spouse who owns and occupies the property as their residence

\*A minor child of a deceased parent

\*Veterans – Applicant must certify through Veterans'

Administration, at least a 10% disability connected with war service

\*Blind Persons – Application must be legally blind and provide proof via a certificate for the Division of the Blind.

If you think you qualify for any exemption offered, please call the Assessors Office at (978) 674-1102 from 8:00 AM to 5:00 PM daily.

**CITY OF LOWELL VOLUNTEER SENIOR SERVICE TAX PROGRAM APPLICATIONS WILL BE AVAILABLE ON TUESDAY, JULY 1ST @ 10 AM. PLEASE SEE VOLUNTEER COORDINATOR AUDREY MCMAHON. 100 VOLUNTEER HRS.= \$750 REBATE! MUST BE 60+**

## Doctor's, Nurse's & MORE

Blood Pressure & weight check:

**Circle Home, Inc. (LVNA)**

2nd Tuesday ... 8:00—10:00 am

3rd Tuesday ... 10:00 am—12:30 pm

**Albert Gauthier RN/ Blood Pressure**

Wednesdays ... 9:30—11:30 am

**Commonwealth Nursing**

1st & 4th Tuesdays ... 10:00 am—12:00 pm

**Dr. George Potamitis from Pro-Rehab**

Question and Answer sessions every Wednesday from 10:00—11:00 am (**no doctor July**)

**Affordable Hearing - Christopher Streeter**

Hearing Testing, Hearing Instrument Testing.

2nd Thursday of each Month from 9—11 am.

Please call 978-674-1172 for appointment.

**Diabetic Shoes with Steven Carrucci**

2nd Tuesday of each month at 10:00 am,  
please call 1-978-758-5378.

## CTI Bone Builders Class

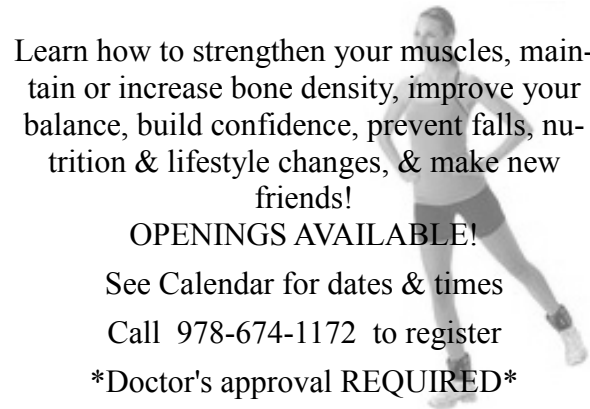
Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

OPENINGS AVAILABLE!

See Calendar for dates & times

Call 978-674-1172 to register

\*Doctor's approval REQUIRED\*



## Senior Safety Tips

*As summer approaches, many seniors leave their homes more often during the day as well as taking extended vacations. Here are some safety tips to help keep you and your loved ones safe this summer.*

### **Outdoor Safety Tips**

- Wear shoes that are flexible, non-skid with Velcro straps.
- Make sure all walkways around your home are well-lit.
- Hold your purse close or keep your wallet in an inside front pocket.
- Don't carry large amounts of cash or unneeded credit cards.
- Sit near the driver or the exit when riding on a bus, train or subway.
- Use a direct deposit service for Social Security and other regular checks.



### **Travel Safety Tips**

- Notify neighbors and the police when going away on a trip.
- Cancel all regular deliveries such as newspapers.
- Arrange for your mail to be held at the Post Office.
- Get any vaccinations or medicines that you will need before your trip.
- Learn about travel health risks depending on your travel destination.
- Prepare a traveler's health kit.

Visit [www.cdc.gov](http://www.cdc.gov) for a checklist of items to keep you safe during your travels.

## Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:

9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

(I like to end 5 minutes early  
so we are out the door in one hour!)



## YOGA

with Diana Kyricos

Wednesdays 10-11 am

\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

[www.atmamoves.com](http://www.atmamoves.com)

Diana@atmamoves.com





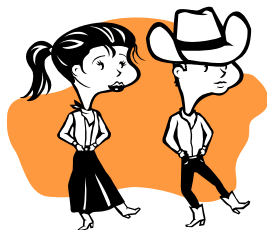
**Mah-jongg**

Mondays

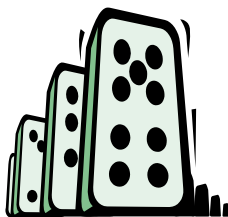
12:00—4:00 pm

**Country Line Dancing**

with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

\$5.00

**Dominoes**with Charlotte  
LandryTuesdays  
9:00—11:00 am**Hawaiian Hula Dance Lessons**

with Kim Stevens

Mondays  
10:00 amGood for joints  
And FUN!**Quilting  
Lessons**Newcomers'  
Welcome!Wednesdays  
12:30—3:00 pm**FRAUD ALERT**

Microsoft does NOT make unsolicited phone calls to charge you for computer security or software fixes.

If you receive a call like this, hang up.

If you have received a call from an unknown person claiming to be from Microsoft, and stating that multiple issues have been detected on your computer, you are the victim of a scam. The purpose of these calls is to get an easy \$199 (or whatever amount they choose) by scaring you into thinking there's something really wrong with your computer and that they can fix it for you.

Cybercriminals often use publicly available phone directories so they might know your name and other personal information when they call you. They might even guess what operating system you're using.

Once they've gained your trust, they might ask for your user name and password or ask you to go to a website to install software that will let them access your computer to fix it. Once you do this, your computer and your personal information is vulnerable.

When they have access to your computer, these scammers can do the following:

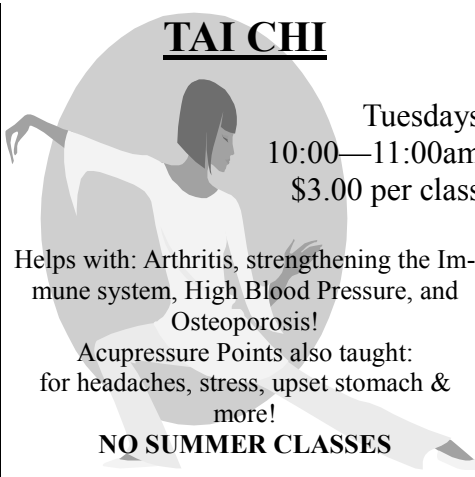
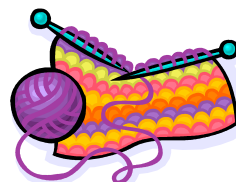
- ♦ Trick you into installing malicious software that could capture sensitive data, such as online banking user names and passwords. They might also then charge you to remove this software.
- ♦ Take control of your computer remotely and adjust settings to leave your computer vulnerable.
- ♦ Request credit card information so they can bill you for phony services.
- ♦ Direct you to fraudulent websites and ask you to enter credit card and other personal or financial information there.

Don't trust cold calls. Never give out personal information, over the phone, to someone you don't know. If the caller claims there is a security threat to your computer, hang up and call your computer company directly.

**TAI CHI**Tuesdays  
10:00—11:00am  
\$3.00 per class

Helps with: Arthritis, strengthening the Im-  
mune system, High Blood Pressure, and  
Osteoporosis!

Acupressure Points also taught:  
for headaches, stress, upset stomach &  
more!

**NO SUMMER CLASSES****Knitting  
&  
Crochet  
Group**Tuesdays  
12:00—3:00 pm  
Newcomers' wel-  
come!



# Veteran's Corner



## Financial & Medical Assistance

Under Chapter 115 of Massachusetts General Laws (M.G.L. ch. 115), the Commonwealth provides a uniform program of financial and medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, housing supplies, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as they would were the veteran still living.

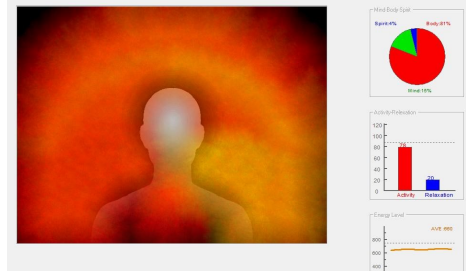
**Eligible Dependents.** The following categories of persons may qualify as dependents eligible to receive veterans' benefits:

- Spouse of the veteran
- Widow or widower of the veteran
- Dependent parent of the veteran
- Any person who acted as a parent to the veteran for five years immediately preceding the commencement of the veteran's wartime service
- Child of the veteran until his or her 19th birthday
- Child of the veteran between 19 and 23 years of age while the child is attending high school, an institution of higher learning or some other accredited educational institution provided that the applicant is in receipt of benefits under the provisions of M.G.L. ch. 115
- Child of the Veteran 19 years of age or older who is mentally or physically unable to support him or her self and was affected by the disability prior to his or her 18th birthday
- Legally adopted children of the veteran

**HOW TO APPLY:** call the Veterans Services at 978-970-4068 to make an appointment or email [elamarche@lowellma.gov](mailto:elamarche@lowellma.gov)

## BRAIN YOGA

Come join us and see a picture of your energy!



Stretch and relax your brain with fun games and activities!

Tuesdays at 11:00 am  
**TRY BRAIN YOGA!**

## YOGA for VETs

with Diana Kyracos

11:00 am—12:00 pm \$5.00

It is a chair yoga class in which we cover meditation and movements for posture, flexibility, coordination, and strengthening of the whole body.

## **B - I - N - G - O**

Every Wednesday

12:00—3:00 pm

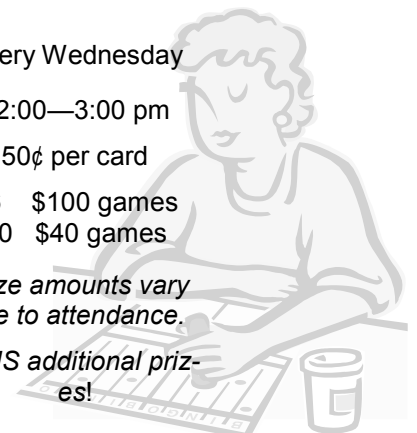
50¢ per card

6 \$100 games

10 \$40 games

*Prize amounts vary due to attendance.*

**PLUS additional prizes!**



## Card Decorating Class

Wed., July 16th at  
9:30 am  
\$5.00 per class



## Answering machine message:

"I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call, you are one of the changes."





### SENIOR FARMER'S MARKET COUPON DISTRIBUTION 2014

Summer is here, and that means there's plenty of fresh produce available at Farmer's Markets across the Merrimack Valley! Good nutrition is important throughout our lives, and helps to promote healthy living and healthy aging.

The Senior Farmer's Market Nutrition Program offers a limited supply of \$25 coupons to adults aged 60 and older who meet certain income guidelines, to buy produce at their nearby Farmer's Market Lowell, MA. The coupons are available through the Merrimack Valley Nutrition Project and distributed by Senior Centers in: Amesbury, Billerica, Dracut, Haverhill, Lawrence, Lowell, and Methuen. Most of you come to Lowell Senior Center for these coupons, but you can go to any one of the 7 distribution sites as long as you live in the Merrimack Valley.

**THIS YEAR, ALL FARMER'S MARKET COUPONS WILL BE DISTRIBUTED ON WEDNESDAY, AUGUST 6<sup>th</sup>, from 8 am—3 pm. As always, coupons will be handed out on a first come, first served basis, until they are gone. PLEASE make sure you can get to a Farmer's Market and use your coupons! Unused coupons could mean we receive fewer coupons next year.**

**ALL YOU NEED TO BRING WITH YOU IS PROOF OF WHERE YOU LIVE. This can be a phone bill, electric bill, etc., that shows your name and address. YOU ALSO WILL NEED TO SIGN A STATEMENT THAT SAYS YOU ARE 60 YEARS OF AGE OR OLDER, LIVE IN THE MERRIMACK VALLEY, AND THAT YOUR INCOME IS NOT HIGHER THAN ONE OF THESE LEVELS:**

- 1 Person Household: \$21,590/year or \$1,800/month
- 2 Person Household: \$29,101/year or \$2,426/month
- 3 Person Household: \$36,612/year or \$3,051/month
- 4 Person Household: \$44,123/year or \$3,667/month
- 5 Person Household: \$51,634/year or \$4,303/month
- 6 Person Household: \$59,145/year or \$4,929/month



### Anxiety Support Group

with Steve Coupe  
Fridays 2:00—3:45 pm  
2nd floor classroom  
Walk-ins welcome!




### Fallon Senior Plan Meeting

Monday, July 14 @ 10am

Aging into Medicare? Qualify for a special election period? A Fallon Senior Plan representative will be at the Lowell Senior Center to discuss the Fallon Senior Plan options for 2014. Please stop by to learn more about one of your Medicare Options.



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                                                                                                                                                                       | WEDNESDAY                                                                                                                                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                                                                                                                                                             | FRIDAY                                                                                                                                                                                                                                                                                                                   |
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| <b>JULY</b><br><br>7. 7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 Hawaiian Hula Dance<br>10-1 SHINE councilor—Call 978-674-1172 for appointment<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONGG<br>12 Movie: Phantom of the Opera<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B | 1. 7-9 Breakfast Program with a suggested 50¢ donation<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing \$5<br>NO Tai Chi \$3 for July/August<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>Noon Cribbage<br>12-3 Knitting & Crochet<br>1-3 Picture ID's \$3                                                        | 2. 7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>No Yoga for Seniors \$5<br>No Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get together       | 3. 7-9 Breakfast Program with a suggested 50¢ donation<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 AA Info meeting (no coffee allowed on 2nd floor)<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B                                                                 | <b>HAPPY 4TH OF JULY</b><br><b>SENIOR CENTER CLOSED. BE SAFE. HAVE FUN.</b><br>                                                                                                                                                         |
| 7. 7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 Hawaiian Hula Dance<br>10-1 SHINE councilor—Call 978-674-1172 for appointment<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONGG<br>12 Movie: Phantom of the Opera<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B                    | 8. 7-9 Breakfast Program with a suggested 50¢ donation<br>8-10 LVNA Blood Pressure<br>8:30 CTI MTG (no August mtg.)<br>9-11:30 Dominoes<br>10:00 Diabetic Shoes fitting<br>10-12 LPD drop-in<br>NO Country Line Dancing<br>NO Tai Chi \$3 for July/August<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>Noon Cribbage<br>12-3 Knitting & Crochet<br>1-3—Picture IDs \$3 | 9. 7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>10-11 Yoga for Seniors \$5<br>11-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get together | 10. 7-9 Breakfast Program with a suggested 50¢ donation<br>9:00 Getting Fit w/Marian Silk \$2<br>9-11 Hearing Aid Maintenance, equipment test & hearing test<br>10:00 AA Info meeting (no coffee allowed on 2nd floor)<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B | 11. 7-9 Breakfast Program with a suggested 50¢ donation<br>9:00 Veterans Breakfast<br>9:30-11:30 Advanced Computer Classes with Pierre<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>1-3 Senior Social \$1.00, Cd's with DJ Franky D-Hot Dogs<br>2-3:45 Anxiety Support Group with Steve Coupe |
| 14. 7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian Silk \$2<br>9:00 COA Board Meeting<br>10:00 Hawaiian Hula Dance<br>10:00 Fallon<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONGG<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B                                                                     | 15. 7-9 Breakfast Program with a suggested 50¢ donation<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12:30 LVNA Blood Pressure<br>10-12 Country Line Dancing \$5<br>NO Tai Chi \$3 for July/August<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>Noon Cribbage<br>12-3 Knitting & Crochet<br>1-3 Picture IDs \$3                                                      | 16. 7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>9:30 Card Workshop \$5<br>10-11 Yoga for Seniors \$5<br>11-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo         | 17. 7-9 Breakfast Program with a suggested 50¢ donation<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 AA Info meeting (no coffee allowed on 2nd floor)<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B                                                                | 18. 7-9 Breakfast Program with a suggested 50¢ donation<br>9:30-11:30 Advanced Computer Classes with Pierre<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>1-3 Senior Social \$1.00-CD'S with Frankie D-Hamburgers<br>2-3:45 Anxiety Support Group with Steve Coupe                             |

|                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                           |
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| 1:30-3:30 Quilting Get together                                                                                                                                                                                                                                                                                                                                                                           | 23.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>NO Yoga for Seniors \$5<br>11-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get together                       | 24.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 AA Info meeting (no coffee allowed on 2nd floor)<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone B builders B                                                                                               | 25.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9:30 Friends of COA Board Mtg.<br>9:30-11:30 Advanced Computer Classes with Pierre<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>1-3 Senior Social \$1.00-CD's w/ Frankie D -Pizza<br>3:45 Anxiety Support Group with Steve Coupe |
| 21.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 Fallon Senior Plan Meeting<br>10:00 Hawaiian Hula Dance<br>10-1 SHINE councilor—Call 978-674-1172 for appointment<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONGG<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B | 22.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing \$5<br>NO Tai Chi \$3 for July/August<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3 Brown Bag Pick Up ONLY<br>Noon Cribbage<br>12-3 Knitting & Crochet<br>1-3 Picture IDs \$3 | 29.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing \$5<br>NO Tai Chi \$3 for July/August<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3 Brown Bag Pick Up ONLY<br>Noon Cribbage<br>12-3 Knitting & Crochet<br>1-3 Picture IDs \$3 | 31.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 AA Info meeting (no coffee allowed on 2nd floor)<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone B builders B                                                                |
| 28.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 Hawaiian Hula Dance<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONGG<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B                                                                                               | 29.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing \$5<br>NO Tai Chi \$3 for July/August<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>12-3 Brown Bag Pick Up ONLY<br>Noon Cribbage<br>12-3 Knitting & Crochet<br>1-3 Picture IDs \$3 | 30.<br>7-9 Breakfast Program with a suggested 50¢ donation<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>NO Yoga for Seniors \$5<br>11-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get together                       |                                                                                                                                                                                                                                                                                                                           |

**SPONSORS**




# Lunch Menu



**Lunch is served at 11:30 am.** Sugar-Free Jell-O & 1% Milk is available daily. **Menu subject to change.**

Lunch Tickets are available daily until 10:30 a. m. Seniors that arrive later must pay cash and will follow ticket holders.

Funding for our meal program is made possible by: EOEa, Merrimack Valley Nutrition, & City of Lowell

| Sunday                                                                    | Monday                                                                          | Tuesday                                                                   | Wednesday                                                              | Thursday                                                                    | Friday                                                                                                  | Saturday                                                          |
|---------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------|-----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|
|                                                                           |                                                                                 | 1. vegetable lasagna, garlic stick, pineapple chunks                      | 2. chicken a la king, rice, carrots, wheat bread, pudding, juice       | 3. sliced ham & cheese, potato salad, wheat bread, apple                    | 4. <b>CLOSED</b><br> | 5. roast beef, mashed potatoes, green beans, rye bread, fruit cup |
| 6. chicken fritters, French fries, wax beans, wheat roll, apricots        | 7. Salisbury steak, mashed potatoes, mixed veggies, wheat bread, sherbet, juice | 8. chicken salad, pasta salad, 3 bean salad, pita bread, orange           | 9. Shepherd's pie, beets, wheat bread, pears                           | 10. chicken cacciatore, green beans, mashed potatoes, wheat bread, apricots | 11. Florentine fish, potatoes, peas, wheat bread, peaches                                               | 12. meatloaf, mashed potatoes, carrots, rye bread, yogurt         |
| 13. roast beef, mashed potatoes, green beans, wheat bread, pears          | 14. chicken croquettes, rice pilaf, gravy, wheat bread, apricots                | 15. veal parm, potato, peas, rye bread, banana                            | 16. roast pork, gravy, mashed potatoes, green beans, rolls, pineapples | 17. mac & cheese, broccoli, stewed tomatoes, wheat bread, fruit salad       | 18. tuna salad, 3 bean salad, pasta salad, wheat roll, pears                                            | 19. pork pie, potatoes, peas, rye bread, apple                    |
| 20. roast turkey, gravy, peas, potatoes, cranberry sauce, rolls, apricots | 21. stuffed cabbage, corn, wheat bread, juice, cookie                           | 22. sliced turkey, macaroni salad, lettuce, tomato, pita bread, orange    | 23. BBQ beef ribs, mashed potatoes, green beans, rye bread, apricots   | 24. chicken wings, roasted potatoes, corn, wheat bread, juice, pudding      | 25. salmon, sauce, peas, wheat bread, juice, pudding                                                    | 26. American chop suey, garlic stick, broccoli, juice, cake       |
| 27. chicken breast filet, potatoes, carrots, wheat roll, peaches          | 28. Hamburg & onions, corn, bun, pears                                          | 29. sweet & sour meatballs, white rice, mixed veggies, rye bread, peaches | 30. chicken legs, potatoes, peas, wheat bread, pears                   | 31. hot dog & beans, roll, coleslaw, apricots                               |                                                                                                         |                                                                   |
|                                                                           |                                                                                 |                                                                           |                                                                        |                                                                             |                                                                                                         |                                                                   |

## Free Transportation to Center

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You **MUST** call before 9:00 a.m. the day of your ride. Departure is after lunch (appr. 12:30 pm-1:30 pm); except Saturday and Sundays which is at 12:15 pm.

## Grocery Trips to Market Basket

Tuesdays and Thursdays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Mon. thru Fri. from 9 a.m. - 3p.m. to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.





K9 Officer Brian Kinney & German Shepard Bruno along with Officer Neils Christensen demonstrate Bruno's plan of attack!



The Lion's Club sponsors a Friday Social and the seniors enjoy the service and the pizza!



## Celebrating their 90's!

Left to right stands: Aurore Morrissette, Pauline Soucy, Joseph Provost, Alda Moriarty, and Manuel Silva.



And above to the right is Chet Harnden.



# HOLIDAY FUN

## Independence Day

Independence Day, commonly known as the Fourth of July, is a federal holiday in the United States commemorating the adoption of the Declaration of Independence on July 4, 1776, declaring independence from



the Kingdom of Great Britain (now officially known as the United Kingdom). Independence Day is commonly associated with fireworks, parades, barbecues, carnivals, fairs, picnics, concerts, baseball games, family reunions, and political speeches and ceremonies, in addition to various other public and private

events celebrating the history, government, and traditions of the United States.

Independence Day is the National Day of the United States. During the American Revolution, the legal separation of the Thirteen Colonies from Great Britain occurred on July 2, 1776, when the Second Continental Congress voted to approve a resolution of independence that had been proposed in June by Richard Henry Lee of Virginia declaring the United States independent from Great Britain. After voting for independence, Congress turned its attention to the Declaration of Independence, a statement explaining this decision, which had been prepared by a Committee of Five, with Thomas Jefferson as its principal author. Congress debated and revised the wording of the Declaration, finally approving it on July 4.

### It's Just a Piece of Cloth

That is all it is—just a piece of cloth. But when a little breeze comes along, it stirs and comes to life and flutters and snaps in the wind, all RED and WHITE, and BLUE! Then you realize that no other piece of cloth could be like it!

It has your whole life wrapped in it—the meals you eat; the time spent with your family; the kind of things your boy or girl learned at school; the

strange and wonderful thoughts you get in church on Sunday.

Those stars are in it—they make you feel just as free as the stars in the wide deep night; and those stripes—they are bars of blood to any dictator who would try to change this way of life.

Just a piece of cloth, that is all—until you put your soul into it, and give it meaning. Then it is a symbol, of liberty, and decency, and fair dealing for everyone. It is just a piece of cloth until we breathe life into it; until we make it stand for everything we believe in, and refuse to live without it.

-Author Unknown

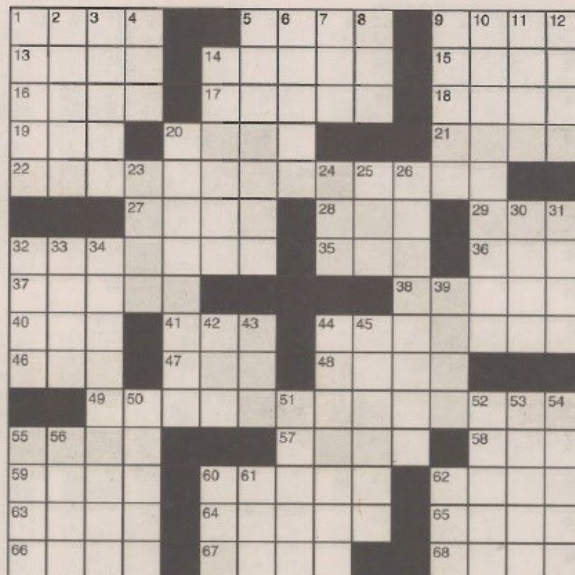
#### ACROSS

1. Torso
5. Deal (with)
9. Unites
13. Farmland measure
14. Cavalry weapon
15. Microwave
16. Orderly
17. Exact duplicate
18. Notation
19. Pack tightly
20. Make the scene
21. "... maids all in \_\_\_\_": 2 wds.
22. With little capital: 3 wds.
27. Allows
28. Long period
29. Untrained
32. Least messy
35. Reply: abbr.
36. Storm center
37. Conform
38. Sap producers
40. As \_\_\_\_ your request
41. Total
44. Opposed to
46. Nosh
47. Shade
48. Great deal
49. Nines: 2 wds.
55. English river
57. Rolls of bills
58. Charge for use
59. Castle trench
60. Delete
62. Former Italian currency
63. Swampy

64. Sophia \_\_\_\_
65. Hat edge
66. Track numbers
67. Soap-making substances
68. Fast planes

#### DOWN

1. Guitar's relative
2. Watery expanse
3. Theatrical fare
4. Notwithstanding
5. Most peaceful
6. Musical instruments
7. Stockade
8. Sooner than, to a bard
9. Lady
10. Pine
11. Dealer's car
12. Winter whiteness
14. Hurries
20. Fast felines
23. Wharf
24. Herbal \_\_\_\_
25. Reagan's nickname
26. Moments
30. Positive votes
31. Compass point
32. Cassette, e.g.
33. Mental flash
34. Target for a pub game
39. Ascend
42. Coming
43. Newcomer to society
44. Map collections
45. Type of retriever
50. Stakes
51. Informed
52. Blazing
53. Earn
54. Fabric joints
55. Bullets, for short
56. Empty
60. Wing of a building
61. Cowboy Rogers
62. JFK follower



## **Downtown Lowell First Thursdays** **Your invitation to fun, art, museums and music in lively Lowell**

The arts & culture community, along with restaurants and businesses, presents Downtown Lowell First Thursdays, a monthly event happening on the first Thursday of every month is now underway. Our 2014 dates will be July 7, August 7, and September 4. Events will run in the evenings from 5-9PM.

Galleries will be open with performances, demonstrations and refreshments. Museums are offering free or discounted admissions and tours or other special features. Restaurants will have interesting art related specials, and businesses will participate too. It all adds up to more reasons to come to downtown Lowell, so you are invited!

Participating venues include: American Textile History Museum, New England Quilt Museum, Whistler House Museum of Art, Arts League of Lowell (ALL) Gallery, Gates Block Artists, Ayer Lofts Gallery, Uncharted Gallery, 119 Gallery, Brush Gallery, Artists Studios, Mill No. 5, Visitor Center at Lowell National Historical Park, Zeitgeist Gallery, The Loading Dock Gallery at the (NPSC), Centro, Cobblestones, AWOL, Fuse, The Back Room, Persona, Sweet Lydias, Brew'd Awakening, Athenian Corner, Little Delights, and Humanity.

For further information visit [cultureiscool.org/downtown-Lowell-first-Thursdays](http://cultureiscool.org/downtown-Lowell-first-Thursdays) or contact Mary Hart at [mjhart206@gmail.com](mailto:mjhart206@gmail.com) or 781-856-4097.

## **VOLUNTEERS NEEDED**

The Merrimack Valley Food Bank's Mobile Pantry Program is a community based program providing nutritious food and health information to home-bound elderly and disabled individuals living in the Greater Lowell area.

Groceries are delivered once a month to eligible clients and volunteers are needed to deliver food in Billerica, Chelmsford, Dracut, Lowell, Tewksbury and Tyngsboro.

Volunteers use their own vehicles and delivery schedules are made up according to the person's availability.

Please contact Suellen O'Neill, Mobile Pantry Program Director at 978-454-7174, [soneill@mvfb.org](mailto:soneill@mvfb.org) for information and training schedules.



## **Extension Approved for Commonwealth Care and Temporary Coverage**

The Commonwealth has received approval to extend both the Commonwealth Care (CommCare) and Temporary Coverage (through MassHealth FFS Standard and Limited) programs through December 31, 2014. Members currently enrolled in these health insurance programs will receive notification of this extension by mail.

Premium paying members enrolled in Commonwealth Care must continue to pay their premium bill in full and on time in order to remain in this coverage. Members enrolled in Temporary Coverage do not need to take any action at this time to continue to access this coverage.

As you know, the Health Connector and MassHealth have had technical problems with the new website, which has prevented them being able to issue program determinations to applicants. Both programs have extended to ensure that members keep health insurance while they work to resolve these technical issues.

Members will get more information in the future letting them know about any next steps they will need to take. Until that time they will continue to keep Commonwealth Care, if they still qualify and continue to pay their premiums, or Temporary Coverage through December 31, 2014 or until we process their application.

If a member has any questions about their Temporary Coverage, they should contact MassHealth Customer Service at 1-800-841-2900 (TTY: 1-800-497-4648 for people who are deaf, hard of hearing, or speech disabled).

Commonwealth Care members may contact the Health Connector's Commonwealth Care Customer Service Center at 1-877-623-7773 with any questions about their current coverage.

The Lowell Senior Center is partnering



with Life Line Screening for an upcoming event on Friday, August 29, 2014.

See next month's edition for more info!





**The Knitting & Crochet Ladies Group**

This fabulous group of ladies meet weekly on Tuesday afternoons continue to astound all with their production of hats, mittens, scarves, baby blankets, and more to the many groups in the city such as LGH and the school system. Standing from left to right: Theresa B., Marilyn McKenzie, Linda Collins, Maria Reis, Liz Rawnsley, Pat Tenczar, Mary Abraham, Cathy St. Peter, Arlene Psarris, Roberta Bowler, Mary Ryan, Rosemarie Boutilier. Seated from left to right: Lydia Baldonado, Josie lacerte, Kay Desruisseaux, Rose Marie Bowen, and Mary Smith.

Some ladies may not have been present at this time.

## **Enjoying the Friday social with DJ Ray Tremblay!**





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[www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)



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THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

## Lowell Senior Outing



Thursday, August 7th 2014 from 10:00 am to 3:00 pm at the Holy Ghost Park on 65 Village Street in Lowell. Chicken Dinner, Games, Raffles, & Music by DJ Ray Tremblay.

TICKETS ON SALE  
NOW!

\$7.00 per person.  
See Claire, Tara, or Ray

A laptop computer will be raffled off during the outing: \$5 for 1 chance & \$20 for 5 chances!

